

ABSTRACT OF THE DISCLOSURE

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Disclosed is a bolt (10) that can be pressed into a metal sheet in a torsion-proof and ejection-proof manner and comprises a head (12). The side of the head (12) facing the metal sheet after being inserted is provided with radially arranged webs (22) which are pressed in when being inserted into the metal sheet. A cylindrical winding support (14) is disposed in the center of the head (12). Said winding support (14) extends through the metal sheet and protrudes on the other side thereof while being provided with a circumferential annular groove (20) near the side of the head (12) that faces the metal sheet in the set state. The sheet metal material that is displaced during the setting process can be pressed into said annular groove (20). All or part of the side of the head (12) facing the metal sheet is provided with a rubber-elastic sealing material (110).